

The Capitol Café Week Of January 19th 2008

4 = Fit for Life Item

Complete catering guide available to help make your meetings a success.
Stop by the cashier & pick-up a catering menu
Gift certificates available throughout the year!!!



"Beginning everyday from scratch"

A'viands

FOOD & SERVICES MANAGEMENT
FOOD SERVICE DIRECTOR
Curt Wellington 701-223-8766
ndcapitol@aviands.com
All comments welcome!

**Taco Bar Served every
MON. & WED**

**Hot roast beef sandwich w/
mashed potatoes & gravy**

TUES. & THURS

Soup of the day

MONDAY
Chicken Noodle

TUESDAY
Knoephla

WEDNESDAY
Tomato

THURSDAY
Cheesy Chicken Tortilla

FRIDAY
Vegetable Beef

Open Monday thru Friday
7am to 4:30pm

Breakfast served Monday thru Friday
7am to 10:30am

Lunch served Monday thru Friday
10:30am to 1:30pm

Closed all weekends & holidays

MONDAY		
Breakfast Grill	Sausage, egg & cheese croissant	\$3.55
Grille	Swiss Mushroom burger w/ side of fries	\$4.67
Market place Entrees	Swedish meatballs w/ mixed vegetables & dinner roll	\$4.67
World Flavors	Fettuccine w/ creamy spinach sauce side salad & garlic bread stick 4	\$4.67
Grab and Go	½ chicken Caesar wrap w/ cup of soup	\$3.25
TUESDAY		
Breakfast Grill	2 pancakes, 2 bacon, order of toast	\$2.99
Grille	Philly cheese steak cheese sandwich w/ side of fries 4	\$5.50
Market place Entrees	Sausage & kraut w/ side of mashed potatoes	\$4.99
World Flavors	Tater tot hot dish w/ vegetable & dinner roll	\$4.67
Grab and Go	½ turkey club wrap w/ cup of soup	\$3.25
WEDNESDAY		
Breakfast Grill	Rancher's special w/ side of toast	\$3.29
Grille	Sloppy Joe w/ side of potato chips & side of pasta salad	\$4.67
Market Place Entrees	Sweet & sour chicken w/ crunchy chow mein noodles	\$4.67
World Flavors	Shrimp Jambalaya over rice 4	\$4.67
Grab and Go	½ Crispy Ranch wrap w/ cup of soup	\$3.25
THURSDAY		
Breakfast Grill	Biscuits & gravy w/ side sausage patty	\$3.05
Grille	Grilled Reuben w/ side of coleslaw	\$4.99
Market Place Entrees	Giant stuffed baked potatoes w/ chili-n-cheese or broccoli-n-cheese	\$3.99
World Flavors	Shrimp fried rice w/ side egg roll 4	\$4.67
Grab and Go	Veggie wrap (lett, toms, cukes, blk, olives, cheese & peppers w/ mayo)w/ cup of soup	\$3.25
FRIDAY		
Breakfast grill	Texas toast French toast w/ 2 strips of bacon	\$2.99
Grille	Turkey bacon melt w/ side salad	\$4.67
Market Place Entrees	Chicken wild rice soup in a bread bowl	\$4.20
World Flavors	Pepperoni, sausage or cheese pizza by the slice \$2.99 w/ side salad	\$4.67
Grab and Go	Soup (cup) & salad bar	\$4.20